

**What is claimed is:**

1. A remedy for allergic diseases obtained by mixing shoots of plant belonging to the family Pinaceae with water and saccharide followed by spontaneous fermentation.
2. The remedy for allergic diseases according to Claim 1 wherein the plant belonging to the family Pinaceae is a plant belonging to genus *Pinus*.
3. The remedy for allergic diseases according to Claim 1 wherein the saccharide is sugar.
4. The remedy for allergic diseases according to Claim 1 wherein the allergic disease is asthma.
5. The remedy for allergic diseases according to Claim 1 wherein the allergic disease is atopic dermatitis.
6. A remedy for allergic diseases obtained by mixing shoots of pine leaves with water and sugar followed by spontaneous fermentation.
7. A method of producing a remedy for allergic diseases, comprising a step of dissolving saccharides in sterilized water to prepare a solution containing dissolved saccharides, and a step of adding shoots of plants belonging to the family Pinaceae to the solution containing dissolved saccharides followed by spontaneous fermentation.
8. The method of producing a remedy for allergic diseases according to Claim 7 wherein the plant belonging to the family Pinaceae is a plant belonging to the genus

**Pinus.**

9. The method of producing a remedy for allergic diseases according to Claim 7 wherein the saccharide is sugar.
10. The method of producing a remedy for allergic diseases according to Claim 7 wherein the spontaneous fermentation is conducted under anaerobic conditions at 10 to 70°C for 3 to 9 months.
11. A method of producing a remedy for allergic diseases comprising a step of dissolving sugar in sterilized water to prepare a solution containing dissolved sugar, and a step of adding shoots of pine leaves to the solution containing dissolved sugar followed by spontaneous fermentation.
12. The method of producing a remedy for allergic diseases according to Claim 11 wherein the spontaneous fermentation is conducted under anaerobic conditions at 10 to 70°C for 3 to 9 months.
13. A method of producing a remedy for allergic diseases comprising a step of dissolving sugar in hot water to prepare a sugar aqueous solution cooled to ambient temperature, and a step of adding water-washed shoots of pine leaves to the sugar aqueous solution, placing the solution into a vessel and sealing the vessel followed by spontaneous fermentation.
14. The method of producing a remedy for allergic diseases according to Claim 7 wherein the spontaneous fermentation is conducted at 10 to 70°C for 3 to 9 months.

15. The method of producing a remedy for allergic diseases according to Claim 11 wherein the spontaneous fermentation is conducted by placing the sealed vessel at a place receiving direct sunlight until early winter.
16. A health food obtained by mixing shoots of plants belonging to the family Pinaceae with water and saccharide followed by spontaneous fermentation.
17. A health food obtained by mixing shoots of pine leaves with water and sugar followed by spontaneous fermentation.
18. Yeast deposited under deposit number FERM BP-7499, or yeast having the equivalent microbiological property to that of the yeast deposited under deposit number FERM BP-7499.
19. A fermentation product obtained by fermentation using the yeast according to Claim 18.
20. The fermentation product according to Claim 19 wherein the fermentation product is any of a remedy for allergic diseases, health food or health drink.